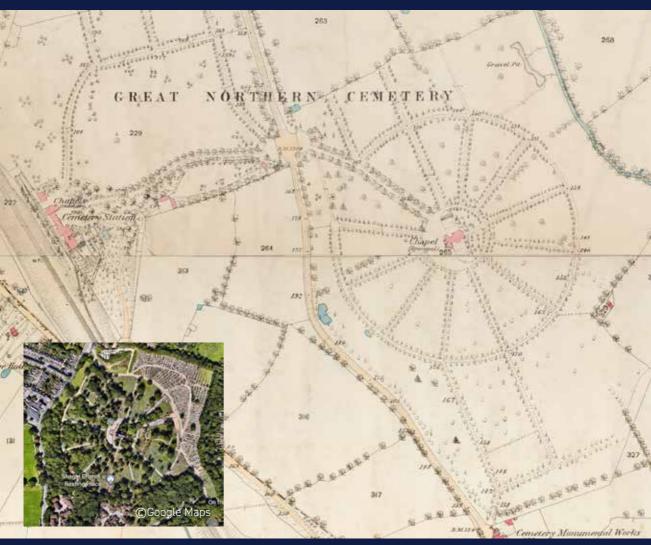
Palmers Green Southgate LIFE

Summer 2023 Edition Issue 58





INSTANT ONLINE PROPERTY VALUATION

New Southgate Cemetery, 1860s Ordnance Survey Map Courtesy of Barnet Local Studies, barnet.gov.uk/libraries/local-studies-and-archives



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Welcome

In this edition, we aim to provide you with valuable insights, expert opinions and engaging stories that capture the essence of our community. Thank you to local author Dan Brotzel who has written a fascinating historical article on New Southgate Cemetery. We also have updates from Hazelwood School and Arnos Bowling Club, both of which we proudly sponsor.

Property Market Update

Over the years, our neighbourhood has witnessed a steady rise in property prices, fueled by its prime location, excellent amenities, and a strong sense of community. As we enter this summer, we find ourselves at an intriguing juncture, where shifting dynamics are continuing to shape the local real estate scene.

First and foremost, it is important to acknowledge the impact of the ever-evolving global and national economic landscape on our property market. While recent years have seen significant fluctuations, with uncertainties surrounding Brexit and the COVID-19 pandemic, Palmers Green has proven to be resilient, demonstrating its ability to weather storms and bounce back with vigor.

With interest rates rising this may lead to a slowdown in the property market. Buyers may become more cautious and this could result in decreased demand. We are already seeing this reflected in how buyers are offering on properties. It's never been more critical for sellers to listen to their estate agent who will be able to guide them on market conditions now. Setting the right asking price from the outset will give buyers the best chance at a quick sale and for the best possible price.

Looking ahead to the summer of 2023, predictions for the local property market are brimming with optimism. While no one can

accurately predict the twists and turns of the market, experts anticipate continued growth in property prices, albeit at a more moderate pace. The market is expected to stabilise, providing a balanced playing field for both buyers and sellers.



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Director, Anthony Webb Estate Agents

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Claudia Sidoli Senior Sales and Lettings Negotiator claudia@anthonywebb.co.uk



Jack Leen Sales and Lettings Negotiator jack@anthonywebb.co.uk



Sophie Delikan Prospecting Associate sophie@anthonywebb.co.uk



James Dionysiou Head of Property Management james@anthonywebb.co.uk



Aneta Gorka Property Manager aneta@anthonywebb.co.uk



Angelina Trase Property Manager angelina@anthonywebb.co.uk



Panayiota Kyriakides Administrator



Ellie Sales Marketing Officer ellie@anthonywebb.co.uk



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Fox Lane. Palmers Green N13

A well presented five double bedroom Edwardian period house offering in excess of 2300sq ft over three original floors. The property consists of two spacious receptions, a dining room, kitchen, cellar, two bathrooms, roof terrace and a 100ft rear garden.













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ZOOPLO





New Southgate Cemetery by Dan Brotzel

I love walking, even jogging, around cemeteries. They are peaceful, atmospheric places, with a melancholy beauty all their own. It's pleasant to pace along these avenues of memorialised love, past the faded photos and elegant bouquets, the lopsided plots and the implacable angels.

In our area we are spoilt for choice, but my favourite has to be New Southgate Cemetery. It's a large traditional site, laid out on a spoke-and-wheel plan, with sections focused on different faiths and communities: Roman Catholic, Greek Cypriot, Caribbean. And there's lots of fascinating history buried here too.



I didn't know, for example, that special cemetery trains once ran here from Kings Cross, just like the betterknown Necropolis Railway (subject of a 2002 novel by Andrew Martin) which ran from Waterloo to Surrey. Opened in 1861, the Great Northern Cemetery Station at Kings Cross was equipped with mourning rooms and a fully functioning morque, from where bodies were lowered by hydraulic lift onto the twice-weekly service that ran the seven miles to New Southgate, and from there up a special single-track branch line to the cemetery itself. The destination was known simply as Cemetery Station.

These funeral trains were an answer to the overcrowded, insanitary condition of urban burial grounds, which were running out of land to service a rapidly expanding population (London's population soared from 1million in 1801 to almost 2.5million in 1851.)

Graves were having to be dug up to accommodate new burials, and the decaying remains disturbed in the process began to contaminate the water supply, leading to epidemics of cholera, smallpox, measles and typhoid. Eventually burials in builtup areas were banned altogether.

The funeral trains also offered a cheaper alternative for the poor, enabling them to avoid undertakers' fees because the body could be stored at the station pending transit. Mourners could attend the body at the morgue, and travel up on the same train. The journey took 15 minutes. It cost 6 shillings for mortuary fees and coffin transport (one way only!), plus a return fare of 1s 6d per mourner. Burial itself was extra, starting at 13s 6d.

Nothing remains of the station's buildings at the cemetery end (and very little at Kings Cross either), which is a pity because there were once ornate waiting rooms, a chapel for Dissenters, and a separate one for Anglicans with a 150-foot spire. Trains are thought to have run twice weekly but the service lasted little more than a decade, probably because of under-use.

Famous residents

Perhaps the most famous person buried at New Southgate Cemetery is Shoghi Effendi (1897-1957), Guardian of the Baháií Faith, who died on a visit to London in 1957 and, in accordance with the strictures of the religion, was buried near the place of his death. Also buried here are Ross McWhirter. cofounder of the Guinness Book of World Records and former Krav henchman Tony Lambrianou, notorious for his role in the murder of Jack 'The Hat' McVitie in 1967. The war graves section includes the graves of 51 German prisoners who died whilst they were held at an Internment Camp at nearby Alexandra Palace in the first world war.

Another famous resident is Dorothy Lawrence (1896-1964), an English journalist who disguised herself as a male soldier to report from the front line in World War I. Her troubled life ended with institutionalisation in Colney Hatch Lunatic Asylum, now the Princess Park Manor luxury flats. She was buried in a pauper's grave in the cemetery, the exact site unclear.

Cemetery fauna

Caring for God's Acre, a national charity 'dedicated to supporting those managing burial grounds for conservation and heritage purposes', reminds us that burial grounds are fantastic for biodiversity. 'The walls and monuments create habitat for amphibians, reptiles, small mammals and invertebrates as well as ferns, mosses and liverworts. Of the 2,000 lichen species in the UK, 700 are found in churchyards, with a third of these rarely found elsewhere.'

Perhaps some people will think it inappropriate to go rambling or running round a cemetery, and of course it's essential to be respectful of mourners. But if I were lying here (assuming I had any awareness of the matter), I think I'd like the idea of people coming in and doing normal stuff, along with the foxes and the lichen and the bats. I'd like the idea of sweaty joggers chugging past, office workers nipping in to wolf sandwiches, teens draped on benches. Maybe it's good for us all that the living and the dead rub up against each other a little.

Further information

A 1954 article from The Railway Magazine, 'Kings Cross Cemetery Station, by RG Lucas, is reprinted on the STC New Southgate website (currently under redevelopment). 'See also the article, 'The dead bodies service from King's Cross railway station' at www. ianvisits.co.uk. There's also a book – The End of the Line: The Story of the Railway Service to the Great Northern London Cemetery, by Martin Dawes.

About the author

Dan Brotzel lives in Southgate and his novels include *The Wolf in the Woods*. His new book, *Awareness Daze: From Acts of Kindness Day to Zombie Month* is published November 2023 (both books Sandstone Press).











New Southgate Cemetery (C)Google Maps



The Cemetery Signal Box, built to serve New Southgate Cemetery.



Entrance, New Southgate Cemetery chapel. cc-by-sa/2.0 - © Jim Osley - geograph.org.uk/p/4557091



New Southgate Cemetery Station and chapel buildings in 1884, which were known as The Retreat.



The chapel and cottages forming The Retreat, viewed from Oakleigh Road, with the railway hidden behind the fence



Dorothy Lawrence, 1915 by unknown author - Public Domain, https://commons.wikimedia.org/w/index.php?curid=18138979



Hazelwood on Sea Fête success! by Anna Morris PTA Chair

Woweeeee! It was not at the Hazelwood on Sea fête this June. We cannot thank everyone enough for turning up to enjoy another great community event at Hazelwood. With your support we raised over £6,000 towards much needed resources for our Schools.

The choir got us off to a hot start and DJ Tom, our compere, kept the audience entertained with some great tunes.

From the BBQ to the fish and chips, the candy floss, popcorn and ice cream parlour and crazy golf to Bobby Bubbles there was so much for the children to enjoy. Our own We Made It stall was as popular as every with hand crafted gifts and last but not least our blooming lovely garden stall and blazing bakes on the cake stall sponsored by The Yard Cafe.

Many thanks to all the external stalls

like Stitch who came to support our event.

We even launched our own coffee called Hazelwood Schools Brew, in partnership with Curb Coffee Collective. This wonderful project donates 10% of the profits from this brew to our school helping to provide opportunities for all the children at Hazelwood.

Thank you as ever to our generous sponsor Anthony Webb Estate Agents, the support of our amazing local businesses and all those that volunteered.



Hazelwood Schools are proudly sponsored by Anthony Webb Estate Agents



Arnos Bowling Club by Robert Lindley



Tucked away in Arnos Park, next to the tennis courts, Arnos Bowling Club has been quietly playing lawn bowls since 1937. It's a sport that has a distinguished history and its proud traditions are followed by many clubs throughout the UK and further afield.

The dynamics of the Club has changed over the years and today we are a multicultural club with a warm welcome for anyone who would like to give lawn bowls a try. We offer a free taster session and coaching throughout the season which runs from April to October each year, although a group of our members also play at a nearby indoor bowls centre once a week during the closed season.

Many of our members enjoy the game socially and participate in the club competitions – the "321" competition played on Monday afternoon is particularly popular. For those that wish to develop their competitive skills we

are part of the North London & Finchley Bowls Association, also the larger Middlesex Association and affiliated to Bowls England.

As a relatively small non-profit making club, these are challenging times as we deal with increased costs whilst keeping our member subscriptions as low as possible. So, we wish to say a huge thank you to Tony Ourris and the team at Anthony Webb Estate Agents who have kindly agreed to sponsor the club.

Please come along and see what lawn bowls has to offer. We can be found at Arnos Park, Waterfall Road, New Southgate, London N11.



For more information, email us at info@arnosbowlingclub.com, visit www.arnosbowlingclub.com or call us on 07851 027044.
We can't wait to meet you!

Arnos Bowling Club is proudly sponsored by Anthony Webb Estate Agents

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GROUP EXERCISES ALL LEVELS WELCOME!

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Grovelands Park
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Thursday: 19:00-20:00

Enfield Town Park
Sunday: 09:30-10:30

Palmers Green United Reformed
Church

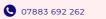
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Another Landlord Crisis? by Fariz Uvais



Fariz Uvais is a consultant solicitor at Fahri LLP based in Whetstone North London. With a modern and forward-thinking approach, their team of highly qualified legal experts are committed to giving you the very best advice and exceptional service. Please send your questions to Fariz by email: fariz@fahrillp.com or visit www.fahrillp.com

Being a county court bailiff has become increasingly more dangerous. There have been several recent reports in which bailiffs have been threatened and attacked whilst carrying out evictions.

As a result of recent incidents, one of which is currently under investigation, H M Courts and Tribunals Services have halted the work of some bailiffs due to safety concerns until they have the adequate protective equipment.

The eviction procedure is already stressful and lengthy, therefore any

further or unexpected delays in the process can increase costs for landlords by thousands of pounds. There have been reports that some landlords have taken matters into their own hands by contracting 'fake bailiffs' from private security companies to carry out their evictions, rather than waiting for the county court bailiffs. Hiring these companies are illegal and can result in criminal penalty fines of up to £30,000.

Here at Fahri LLP we are seeing a marked increase in applications being made for permission to enforce a possession order under Section 42 of the County Court Act, especially in matters where there are rent arrears.

As usual, we would suggest that any landlords that are in difficulties seek their own independent legal advice to ascertain which method would be the most efficient for them.

Disclaimer: The information provided in this article should not be construed as legal advice and the information is offered for information purposes only. You should always seek advice from an appropriately qualified solicitor on any specific legal enquiry.



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Cranford Avenue. Palmers Green N13

A chain free, 1930s built three bedroom semidetached home that requires updating. Benefits include two receptions, a kitchen/diner, shared drive, front and rear gardens. This property offers great potential to extend into the rear and loft space with the appropriate consents.













New River Crescent, Palmers Green N13

A chain free, two bedroom newly refurbished converted period flat occupying the entire ground floor of this Edwardian property with own private rear garden.













Bayswater Close, Palmers Green N13

A modern and well presented two bedroom, two bath/shower room ground floor apartment offering close to 800sq ft of bright and airy living space with own private garden looking onto the New River.







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What does Adventure Travel mean to you? by Rebecca Berzins



I'm thrilled to have recently been selected as a Touring & Adventure Ambassador within the Travel Counsellors community.

What does adventure travel mean to you? At first your thoughts might instantly turn to hiking the Inca Trail or pedalling through the Alps. Yet adventure doesn't have to simply mean climbing mountains.

For you, adventure might mean taking the plunge to travel solo for the first time whilst in your 60's. Or adventure can mean lazing on a catamaran as you sail around the glittering Andaman Sea off the west coast of Thailand. Or perhaps adventure means encountering locals with a true cultural exchange in India with community tourism at the heart.

During my own adventures over the years I have embarked on a 3-week overland, camping safari truck through South Africa, Zambia, Botswana & Namibia, I have climbed Mnt. Kinabalu

- the literal pinnacle of all treks in South East Asia, and I have walked an original section of the Great Wall of China. As Touring & Adventure Ambassador I now have a fantastic opportunity to share my existing passion and expertise with you whilst taking part in training and trips abroad to increase my own knowledge.

Travel Counsellors have close working relationships with a wide range of travel partners including Intrepid Travel, G Adventures, Travelsphere, Just You, Cox & Kings and more. Meaning I can offer independent, impartial advise to identify the right operator for you at no extra cost - all partners offer price parity when booked with me.

I believe there is a trip for everyone no matter your age, fitness level, demographic or comfort desires. If

travelling as a group isn't your thing, all trips and destinations can also be offered as a tailor-made private journey. No matter your preferred style of travel I can provide first-hand expertise and information to plan your next adventure. This means you get the holiday that's right for you, the best value and the little Travel Counsellors extras that make all the difference

To plan your next adventure, contact me, your personal Travel Counsellor on 020 3432 4720 or email rebecca.berzins@ travelcounsellors.com.

Follow my adventures on Instagram @RebeccaBerzinsTC





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Can a beautiful garden increase property value? Absolutely!

Investing in your garden now can make financial sense should you wish to sell your property in the future.



Changes in buyer preferences, particularly since the Covid-19 pandemic, have made gardens an even higher priority, with 63% of buyers expressing a desire for a larger garden in their next home. Not only can a fabulous garden speed up the sale of your home, but it can also enhance its overall value.

Here are four strategies that highlight garden features that are most likely to increase your property's value:

Introduce a garden room: Experts suggest that adding a garden room can potentially increase your property's value by up to 15%. Garden rooms serve as versatile spaces for relaxation, work or exercise. As remote work becomes more prevalent, buyers find the appeal

020 8882 7888

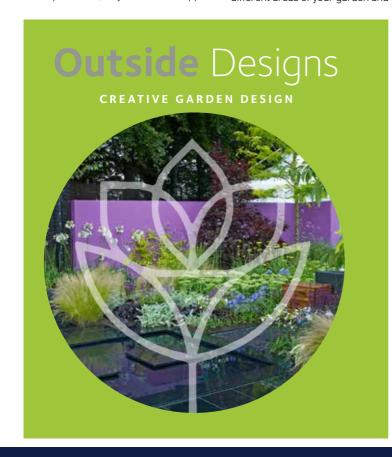
of a dedicated office space detached from the main property guite attractive.

- 2. Enhance garden privacy: Buyers highly value privacy in gardens, even if your property is overlooked by neighbouring homes. Pergolas and strategic planting can effectively shield your outdoor space. Creating a private area using large planters, taller plants or incorporating climbing plants on pergolas and trellises can significantly contribute to the perceived value of your garden.
- Create an inviting space for entertaining: Increasing the amount of hard-standing space in your garden and creating distinct zones for dining, relaxation.# and recreation can be appealing. Consider the sun exposure in different areas of your garden and design

appropriate spaces accordingly, such as a sunny patio for daytime barbecues and a shaded, secluded spot for evening relaxation. Outdoor lighting also adds ambiance to your garden as the sun sets.

4. Prioritise storage and security: Buyers place significant importance on garden storage and security. If you are security conscious adding gravel, sensor lights and thorny plants on the boundary all deter intruders. Shielding bins from view can also help create a more welcoming environment.

If you need help with inspiration, garden design, planting and landscaping our award-winning team can help. Contact us on 07957 942728 or visit outsidedesign.co.uk.



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Bayswater Close. Palmers Green

A beautifully presented three bedroom semi-detached house located in a quiet tree lined Avenue close to Palmers Green









Brycedale Crescent, Southgate

📑 3 🥮 3 🚅 1

A substantial, chain free, four bedroom 1930s built semi-detached house with the opportunity for modernisation located in the desirable Minchenden Estate.









New River Crescent Palmers Green

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The Grove, Palmers Green

Well presented three bedroom round bay Edwardian house with many original features, two receptions, galley kitchen, off street parking and east facing rear











Cherry Blossom Close, Palmers Green

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Hawthorn Avenue. Palmers Green

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Windsor Road. **Palmers Green**

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North Circular Road. Palmers Green

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INSTANT ONLINE PROPERTY VALUATION



Lodge Drive, **Palmers Green**

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Devonshire Road. **Palmers Green**

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Eaton Park Court Palmers Green

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Meadowcroft Road, Palmers Green

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The Crest. **Palmers Green**

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Beautifully presented CHAIN FREE one bedroom converted garden flat occupying the entire ground floor of this period property offering a generous 743 sq ft of bright and modern living space.











Cranford Avenue. **Palmers Green**

A well presented three bedroom semidetached house requiring updating. This property offers great potential to increase the living space by extending to the rear and into the loft space









Whitmore Close, **New Southgate**

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Palmerston Crescent, Palmers Green

Beautifully presented four bedroom semidetached house boasting a wealth of period features close to Palmers Green's shops, restaurants, Broomfield Park and mainline station into Moorgate.









Under offer price denotes asking price



Effective strategies to prevent bed bugs by Tanju Mustafa

Sparta Pest Control specialise in residential and commercial pest control contracts including private homes, rented accommodation, nurseries, care homes, restaurants, and warehouses. Contact **020 8886 8722** or **07493 447 709**. Visit spartagestcontrol.co.uk

Bed bugs are pesky insects that can infest your home, cause sleepless nights and cost landlords a substantial about of money if left untreated. Their resurgence in recent years has become a cause for concern. However, by implementing a few preventative measures, you can minimise the risk of bed bug infestations and keep your home bug-free. In this article, we will explore effective strategies to prevent bed bugs.

Maintain Cleanliness and Hygiene: Regularly clean your bedding, curtains, and upholstery to eliminate any potential bed bug hiding spots. Vacuum your mattress, box springs, and carpets thoroughly, paying attention to seams, crevices, and cracks where bed bugs may hide. If you suspect you have an infestation, dispose of the vacuum bag in a sealed plastic bag to prevent any potential escape.

Inspect Second-Hand Furniture and Clothing: Before bringing in any used furniture, clothing, or bedding into your home, inspect them carefully for signs of bed bugs. Look for live bugs, shed skins, or dark spots on the items.

Protect Your Bedding: Encase your mattress, box springs, and pillows in bed bug-proof covers. These covers

create a barrier that prevents bed bugs from infesting your bedding or hiding in the seams. Additionally, regularly wash your bedding in hot water to kill any potential bed bugs or eggs.

Reduce Clutter: Bed bugs thrive in cluttered areas as they provide numerous hiding spots. Declutter your home, especially bedrooms, to minimise their hiding places. Consider hard flooring as opposed to carpets and keep your belongings organised and store them in sealed containers whenever possible. This reduces the likelihood of bed bugs finding suitable habitats in your home.

Be Cautious When Traveling: Bed bugs are excellent hitchhikers and can easily infest your luggage or clothing while traveling. Keep your luggage elevated on a luggage rack and away from the bed or furniture. Upon returning home, unpack your luggage outdoors or in a designated area and wash your clothing in hot water.

Regularly Inspect Your Home: Frequently inspect your home for any signs of bed bugs, such as small red or brown stains on bedding, shed skins, or live bugs. Pay close attention to areas near the bed, including cracks in walls, electrical outlets and headboards. Early

detection can help prevent an infestation.

Seek Professional Assistance: If you suspect or confirm a bed bug infestation, it's crucial to contact a professional pest control service. They have the expertise and tools necessary to effectively eliminate bed bugs from your home. Attempting DIY methods may worsen the infestation or fail to eradicate all bed bugs and their eggs and cost you more money in the long run.



TOP TIP: For landlords, bed bug infestations can cause no end of problems and can result in an expensive refurbishment if not dealt with effectively. Using a management agent can alleviate the stress and help you ensure the costs are covered by the tenant, if they are responsible for the infestation.

What tenants need to supply before renting

by James Dionysiou, Head of Property Management



When renting a property, prospective tenants need to meet certain criteria and provide specific documents and information before being allowed to secure a rental agreement. In a competitive marketplace it makes sense to have all the relevant paperwork ready to increase your chances of securing your next home.

Prospective tenants will need to provide:

- A copy/scan of your passport (original will need to be seen before occupation)
- If you do not hold a British passport you will need a share code for the Right to Rent check, which can be obtained from gov.uk/prove-rightto-rent
- · Proof of your current address
- · Six months bank statements

 Six months payslips or your last tax return, if you are self-employed

To secure a property you will need to prove affordability and an annual income equal to a minimum two and a half times the annual rent.

All tenants are professionally referenced, which will include a credit check.

Prior to referencing, tenants will be asked for a refundable holding deposit* (maximum one week's rent).

On successfully passing referencing tenants will need to pay five weeks deposit as well as their first month's rent prior to the move in date.

*Subject to conditions





















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- Court of Protection work

Opening times: Monday - Thursday: 9am-5pm Friday: 9am-4:30pm Closed between 1-2pm Free parking at the rear

273 Green Lanes. Palmers Green N13 4XE Tel: 020 8886 1404 info@allanjaypaine.co.uk











Would you consider selling your property at auction? by Tony Ourris, Director at Anthony Webb



There are many reasons why people choose to sell their property, and these can impact if they choose a traditional method of selling or opt to sell at auction. At Anthony Webb, so that we can give our vendors a full choice of options, we have partnered with a national auction house.

Let's start by looking at what generally motivates people to sell quickly:

- · Relocation: Some property owners may be looking to move to a different area, either for personal or professional reasons.
- Financial Considerations: Individuals seeking to sell their properties to free up capital or improve their financial situation.
- Property Upgrades: Homeowners who have outgrown their current property or desire to invest in a larger, more luxurious home.
- Inheritance: Property owners who have inherited the property and are looking to sell.

Auctions can be a good option if your property needs a lot of repairs, has a short lease, is un-mortgageable for whatever reason making it difficult to sell on the open market or you need to raise funds quickly without any potential delays.

So, what are the benefits of selling your home or property at auction?



- Attracting Competitive Bids: Auction can generate competition among potential buyers, potentially resulting higher offers. in
- Efficient Selling Process: Individuals who value a streamlined and expedited selling process, where the property is sold on a specific date without the need for prolonged negotiations or an onward chain. Buyers are often cash buyers who effectively bypass the drawn-out mortgage application process.
- Certainty of Sale: Auctions provide a level of certainty as the property is sold under transparent and predetermined terms, minimising the risk of a sale falling through.

- Access to a Broader Market: Property owners who recognise that an auction can attract a diverse pool of potential buyers, including investors, developers and individuals seeking unique properties.
- Cost-Effective Solution: Individuals looking for a cost-effective method to sell their property, as auction fees are typically borne by the buyer rather than the seller.

It's important to note that the auction house will set a guide price for your property that may be lower than you are willing to accept, although you do have the option of setting a reserve (this is the minimum price that you'll agree to sell the property for. It will be kept between you and the auction house.). Sellers can feel confident that if you sell your house at auction, the sale is binding from the moment the hammer falls and you will sign and exchange contracts there and then.

If you want to find out more about selling your property at auction, please contact me on 020 8882 7888.

FOR SALE BY PUBLIC AUCTION ON 13 JULY 2023







41 Park Avenue, Palmers Green, London N13

A spacious ground floor flat with one bedroom and its own south facing garden. The property is in need of complete updating throughout. 61 years remaining on the lease.

VIEWING TIME

Thursday 6 July at 11 to 11.30am ONLY













New River Crescent, Palmers Green N13

A well presented, unfurnished, three bedroom Edwardian terrace house with through lounge, modern fitted kitchen, two bath/shower rooms, off street parking and rear garden.













Bayswater Close, Palmers Green N13

A beautifully presented, furnished, one bedroom first floor modern apartment with a spacious open plan living/kitchen space, modern shower room, secure communal entrance and an allocated parking space.









Bridges, beers and markets – the Action Team have had a productive few months by Palmers Green Action Team (PGAT)

We've been busy working on a number of projects. We are delighted to finally get the goahead for a mural on the Aldermans Hill bridge, outside the station. Thanks to Many Hands and Arbeit Studios for helping to bring this to fruition. We held a vote for the favourite design and the winning mural will be painted onto the bridge at some point over the summer.



Following their successful stall at the last Devonshire Square market, we are pleased to have brokered a pop-up tap room for Muswell Hillbillies. They will be serving their refreshing beers from Arbeit Studios (behind Jo & Flo's hairdressers) every Friday, Saturday and Sunday until the end of July. Muswell Hillbillies are one of our trader targets and we hope to be able to find them a permanent home on the high street in the future.

We will be hosting the third of our markets in Devonshire Square on 15 July with a whole new line up of local

creators, crafters, street food and live music. The market will be open from 10am-4pm so do head down to shop and enjoy the atmosphere as well as spend some time supporting our shops and businesses on the high street. At the last market we had a surprise celebrity guest appearance from singer songwriter Freya Ridings so you never know who might make an appearance this time!

Finally over the summer months, please help keep the lollipop trees and planters hydrated on the high street. If you can give them a quick drink of water when you are passing, that would

be a big help. As well as beautifying the high street and supporting biodiversity, trees help to create shade and lower temperatures. Much needed during the hot spells of weather.

To find out more about what the Palmers Green Action team have been up to and to get involved visit our website or follow us on social media.

palmersgreenactionteam.org Instagram @palmersgreenactionteam Twitter pgactionteam









Adult day care services now available in Southgate and Winchmore Hill

Autumn Gardens & Anastasia Lodge

Our Lemon Tree Day Care services provide an excellent opportunity for older adults to remain active, engaged and socially connected. They also help to support families looking after a loved one on a day-to-day basis.

Our Lemon Tree Day Care Services are a safe and fun way for older people to make friends, engage in stimulating activities and participate in enjoyable group events during the day.

We offer half and full-day services and can accommodate quests at short notice with the additional benefit of early drop off, late collection as well as weekend and public holiday availability.

Our Day Care Services are based within our care homes in Southgate and Winchmore Hill. Our professional team have over 30 years of experience in providing a broad spectrum of care and medication management for older adults, and those living with dementia, who need assistance or supervision during the day. This gives the family of our day guests the peace of mind that their loved one is being well looked after while they can deal with personal matters or relax.

Helping older adults to stay active and healthy can improve mental and physical health, both of which help to maintain their independence.

Whilst in our care, guests can socialise and enjoy home-made, nutritious and healthy hot meals and snacks.

Day Care can also delay the need for short-term respite care or permanent residential placements and can support caregivers in their critical role of looking after their loved one.

Our day guests are invited to a free trial day where they can experience our services and our staff can assess their personal needs and interests to tailor our activities so that they are as engaging and relevant to the individual as possible. We also offer discounts for families who use our service on a regular basis, providing a cost-effective way of managing care costs.

Our care homes in Southgate and Winchmore Hill also offer full-time Nursing, Dementia and Residential Care. We are committed to delivering the highest quality care at every stage tailoring services to suit individual needs. If you are unsure about the level of care you require, contact our team for advice.

"I was aware that I was getting more and more lonely and feeling isolated at home. I am so thankful that I have the opportunity to visit Autumn Gardens. I have made new friends and feel much happier."

A testimonial from our Day Guest, who used to spend most of her time at home alone. She now visits our care home, Autumn Gardens, every week. Having a place to go on a regular basis has helped her form new friendships and has reduced her anxiety and feelings of loneliness.







To find out more about our day care services please visit autumn-gardens.com, or contact our team to book your free trial day on 020 8344 2600.





Reviews

"Their good knowledge of the local market and skillful marketing were impressive. Thanks to the team at Anthony Webb I was able to sell my property to a first-time buyer at an acceptable price despite ever-increasing interest rates. They were good at communicating and chasing for progress. I have no hesitation in recommending them and would use them again myself."

Julia. March 2023

"Couldn't recommend highly enough. We felt that Martin and Jack went the extra mile to sell our house which completed in December 2022. They were proactive, looked after our interests at all times and kept us up to date during every step of the process. They were also professional and gave good advice during the negotiations."

Sarah, January 2023

"We were really happy with all aspects of our sale with Anthony Webb. The team marketed our property brilliantly which meant that we were able to sell for over the asking price. The photographs and video for the brochure and websites were of a high quality. Our dealings with all the staff were good and we would like to thank Martin, Tony, Claudia, Jack and Sophie."

Emma, February 2023

"Anthony Webb estate agents are highly professional and they are clearly very experienced. We used them for our recent sale involving a long and complex chain. Tony was excellent! He was by far the most experienced and motivated of all the agents involved. He project managed the sale by speaking to those up and down the chain (Tony was very proactive - the other agents were reactive), and he liaised regularly with us all while being personable and efficient. We would happily recommend Anthony Webb for their overall professionalism, and the fact that they were realistic at every stage. An excellent service, we would definitely use them again."

Nasstassia. March 2023

"Very approachable and friendly staff who are generous with their time. Communicated everything we needed to know in a very clear and understandable way, which was greatly appreciated. I would highly recommend this long-established business."

Michael, February 2023

If you're thinking about moving, please contact us to see if we can help you.











DO YOU OR A LOVED ONE NEED **SOME HELP AT HOME?**

Award winning care agency, Home Care Preferred, has provided care in London and Herts since 2012.

The agency has helped people avoid life in a care home by introducing a high quality, live-in care service.



Support can range from a few hours per week through to full-time live-in care.

Services include:

- Light housework
- Personal care
- Medication support
- Companionship
- Escort to health care visits and social visits

Home Care Preferred is an award-winning care agency with a team of kind and trustworthy people based in the borough of Enfield.

"My carer has lived with me for over seven years and I cannot imagine life without her. She is an angel and Home Care Preferred are always there to support" Home Care Preferred Client 2023



To find out more information please contact Home Care Preferred T:020 8004 1603 E: info@homecarepreferred.com W:homecarepreferred.com



Protecting your hair in the summer

by Kiri, Salon Director - To book call 020 8886 7070



As you prepare for your summer holiday please take some time to think about protecting your hair. UVA and UVB rays have the power to damage the hair from the cuticle to the inner structure of the hair.

Signs of sun damage to your hair can include:

- · Faded hair colour
- Dry, brittle hair
- · Broken or split ends
- Frizzy hair
- Weakened and thinning hair

If your plans include lots of fun in the sun, consider protecting your hair from the damage of UV rays with these tips:

Hats Off!

Actually, keep the hat on! The best way to protect your hair from the sun's rays is to block the exposure to the sun.

${\bf UV\ Protection\ Shampoos\ \&\ Conditioners}$

Make sure you use a professional salon brand. We recommend the Paul Mitchell SUN collection, not only will it protect

your hair from the sun they will also help reduce colour fade and treat the hair at the same time.

Protect with Style

Many styling aids, leave in conditioners, and hair sprays now include an SPF. Look out for these when you purchase.

Don't Forget These Final Tips

Half the battle of protecting your hair from the sun happens when you're not even in the sun.

- Clarify! If you're using a UV protection in your hair, don't forget to use a clarifying shampoo once a week.
- Protect Your Parting! Use full strength SPF directly on your scalp where you part your hair.

- Maintain Moisture! Weekly deep conditioning treatments, with protein or keratin, will help keep the damage by the sun at a minimum.
- Just Say NO! Stay away from hair products that contain high levels of alcohol or peroxide. Do not try to lighten your hair using lemon juice or other sun activated hair lightening products.

If you enjoyed my article, like us on Facebook or follow us on Instagram and we will enter you in our monthly competition. Just go to our website www. fabhair.london and click the Facebook/Instagram icon to follow for your chance to win a Olaplex hair mask treatment worth £30!



"Amatsu - listening to your body, what is it telling us?"

by Nicola Forward, your local Amatsu Practitioner

When Irene first contacted me she complained of "feeling generally unwell." Nothing specific...she just didn't feel right. She also mentioned a few other issues, none especially debilitating, just niggles - regular headaches, a stiff neck, occasional shoulder and lower back pain and both her knee and big toe often ached.

She had seen various specialists with limited improvement and was now on a number medications to help manage her symptoms. And she still wasn't feeling any better in herself. In desperation she started researching complementary approaches to health and came across Amatsu...could this be the answer?

Amatsu is a highly effective and unique hands-on therapy that is powerful yet gentle and respectful of your body. You remain fully clothed throughout our sessions and for the most part lying on my treatment couch. As Amatsu Practitioners we work with an extensive knowledge of anatomy and physiology and a "whole body" approach to your wellbeing which means that we may make some really helpful connections between your symptoms and the source.

My first session with Irene began with a full body assessment using various muscle, movement and mobility checks, together with soft touch. This allowed me to pinpoint Irene's priority area as a deeply held restriction between her colon, her right ovary and the internal scar tissue relating to an emergency appendectomy she had undergone some forty years earlier.

Using Amatsu's unique combination of subtle pressure, fine movement and release I began the process of gently realigning Irene's physical structure thereby restoring her natural balance and gradually freeing off the restricted tissue in her lower right pelvis. With a course of regular sessions, beginning weekly, things started to soften and settle into place and as Irene's list

of physical symptoms subsided a feeling of overall wellness followed.

She has been able to come off all her medications and says, "I feel better now in my fifties than I can ever remember feeling. I am amazed at the difference Amatsu has made to my life!" She now has monthly sessions as a "body MOT."

Are you listening to your body...what are your symptoms trying to tell you?



Mobile: 07720 810 101 Email: nicolaforward@aol.com Special Introductory Offer...your first three sessions for the price of two









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Supporting people on the frontline of the housing crisis by Bambos Charalambous MP

MLabour

Email: bambos.charalambous.mp@parliament.uk Parliament: 020 7219 3460 Constituency Office: 020 8882 0088 472 Green Lanes, Palmers Green, London N13 5PA

Having a home is a fundamental human right. Nothing is more important.

But as anyone who rents, anyone with a mortgage, anyone in temporary accommodation, and anyone who wants to own their own home knows. the housing market is utterly broken in the UK.

In Enfield Southgate, families are facing average mortgage hikes of more than £6,000, as interest rates remain astronomically high, in no small part because of the mini-Budget disaster last year. Across the UK, a typical household's mortgage payments are three times greater today than two years ago.

At the same time, a generation are being locked out from living and owning a home in London. In Enfield, one in three adult children are living at home, and young families are being priced out and having their ambition to buy a house taken from them.

For renters, the situation locally remains incredibly bleak, with rents soaring to unaffordable levels and the highest rate of Section 21 'no fault' evictions in the whole of London

These are all nationwide issues caused by the lack of affordable housing, spiralling costs, and inadequate protections for renters. But problems are deepening for renters in our community, as landlords exit the market locally and there is insufficient social housing supply to make up the difference.

I strongly believe people deserve better than this insecurity. Week after week, constituents are contacting my office after being unfairly evicted and ending up in temporary accommodation. With simply not enough suitable housing locally, many are at risk of homelessness. In the past year, 298 households in Enfield were recorded at risk of homelessness - up from 124 in 2020/21.

I am deeply concerned by the lack of protection for families in our community, and I am dismayed by the complete lack of urgency from the Conservative government on this.

For the constituents I have been supporting in temporary accommodation, I believe the Government urgently needs to address this crisis. A hotel room is not fit for families to live for an extended period. Last month, alongside Feryal Clark MP and Kate Osamor MP, I wrote to the Secretary of State for Levelling Up about the need for a long term plan to support those in temporary accommodation in Enfield and across the country.

I have also long supported calls for more rights and better protections for tenants, including an end to section 21 evictions to prevent renters from being uprooted with little notice and minimal justification. While I am pleased the Government has now introduced its long awaited Renters' Reform Bill, there are worrying loopholes in it, including the lack of support for local authorities to enforce these new measures. I will be urging Ministers to take steps to fix these flaws before this legislation is passed.

Finally, with 800,000 fewer homeowners under 45 now versus 2010, it is unconscionable the Government has now scrapped its housebuilding targets. I believe we need more secure, affordable and safe housing, to help more people achieve their dream of owning a home. I therefore support plans to deliver a substantial programme of social and affordable housebuilding with the aim of expanding access to homeownership for those unable to buy on the open market and providing secure and stable homes for those struggling with the cost of renting privately.

We need to grasp the nettle now, and fix the housing crisis in Enfield before things get even worse for people in our community.

Conservatives



The State of our Borough?

by Councillor Christopher Dey

Member for Grange Park Ward, Conservative Group Chief Whip Shadow Cabinet Member for Community Cohesion & Safety Email: cllr.chris.dey@enfield.gov.uk

On 14th June all The Councillors in Enfield attended a meeting of the Full Council. On the Agenda was the Council Plan for 2023-2026. The plan articulates the Labour Council's priorities as providing the following: Green & Clean Places, Strong Healthy

and Safe Communities. More and Better Homes and an Economy that works for everyone.

Taking Green & Clean Places first, along with More & Better Homes. The Labour Party should be judged on their actions and not their words.

Their outrageous desire to build tower blocks on the Green Belt do not align to their stated aims. This will damage the community and the environment, and it is not what the majority of residents in the Borough want. We face a Climate Emergency and should not be disrupting











our wonderful green spaces. I do not dispute the need to build more homes, but these need to be built on Brown Field sites, of which there are many in the Borough. We do not need to destroy our beautiful Green Spaces to build the homes we need. In fact, if the Labour Administration had got on with building out the Meridian Water site, we would have all the homes we need and wouldn't even need to consider building on the Green Belt.

Moving on to Strong, Healthy & Safe Communities. The Labour Party pledged to have 50 additional enforcement officers in their manifesto leading up to the Election in May 2022. We are now over a year on from the election and we still don't have any additional officers. Fly tipping is out of control following the disastrous decision by the Council to remove weekly bin collections. The Labour Manifesto promised to install hundreds of extra CCTV cameras to

catch and punish those who fly tip. The Council currently only has ten CCTV cameras for this purpose, again I would urge you to judge them on their actions not their words!

An economy that works for everyone sounds great and is an aspiration that I fully support. The decisions taken recently by the Labour Party both locally in Enfield and Regionally in London do nothing to further this aim. The removal of the option to pay by cash or card at car park ticket machines is a huge disadvantage to those residents, who either don't have a smart phone or don't want to use one to pay to park. This damages our town centres and particularly our small businesses who are still trying to recover from the impacts of Covid. and rampant inflation caused by the illegal invasion of the Ukraine. The Labour Mayor of London with his anti-car agenda has already damaged some businesses with his

Ultra Low Emission Zone scheme and his support of road closures with Low Traffic Neighbourhoods. This is set to get worse as he extends the ULEZ out to the M25. I congratulate and applaud the four Conservative Councils who are taking the Mayor to Court. They are challenging this preposterous and unfair tax that once again will disproportionately affect the lowest paid who can't afford to upgrade their cars. It will also affect tradesman, many of whom are sole traders who will need to replace their vans.

In summary the Council Plan is a glossy document with plenty of lovely pledges, there is no detail in the plan of how the stated aims will be delivered. Delivery is key and the Council, if it is serious needs to change tack, abandon the crazy notion of building on the Green Belt, remove the disastrous LTNs and press their Labour Mayor not to extend the ULEZ.



ULEZ leaves Londoners fuming by Lauren Fulbright

Liberal Democrat Candidate for Enfield Southgate Contact: Hello@enfield-libdems.org.uk



London, home to double-decker buses and Hackney cabs, is mired in ULEZ controversy. With the scheme's expansion into outer-London set for 29th August, these zones have sparked a heated debate, turning the city into a hotbed of conflicting opinions.

Environmentalists applaud the plan as a bold step towards cleaner air. Arguing that the zones' charge for vehicles that don't meet emission standards will encourage Londoners to use greener transit. What greater motivation to abandon your gas-guzzler than a hefty fine? It's a small price to pay to prevent 4,000 Londoners dying from hazardous air.

Opponents say the ULEZ unfairly penalises low-income drivers and

companies who can't afford newer, cleaner vehicles, especially in the wake of COVID-19 and the biggest cost-of-living crisis since the 1950s. Being fined for driving your trusty old car on top of everything else is a bitter pill to swallow.

Of course, improving London's air quality is a good thing. Any plan to reduce London's high-emission vehicles appears sensible, even obvious. Fewer high-emission cars mean cleaner air, right? Yes, but given the daily cost and turmoil on Londoners' lives and with the ULEZ expansion imminent, it's easy to argue that it's too much, too soon for many already cash strapped outer-London residents. Even with the mayor's scrappage scheme's last-minute extension to thousands more people

and companies, the expansion all feels a bit rushed-through and the financial support too little, too late.

The idea of the ULEZ scheme is not a bad one and has reduced dangerous N2O levels by 46% in central London since its introduction in 2019. However, the mayor seems to have neglected to reconcile environmental obligations with outer-Londoners' economic reality and transport needs. Surely a more balanced approach, one that allowed people to adopt greener, cleaner transport gradually without taking a financial hit would have been a better way of getting more people on board.

Autumn Gardens & Anastasia Lodge

Care Homes and Day Care Services Nursing, Dementia and Residential Care



To find out more about our care homes and day care services in Southgate and Winchmore Hill please visit autumn-gardens.com or contact our friendly team on 020 8344 2600.